

## Holiday Burn (Box, 5kg (10-12 lbs.) Dumbbells)

### Flow

Exercise	Reps	Springs	Props	Direction
<b>(Side) Sumo Skater Deadlift/Row Combo.</b>	1 min.	1 heavy	Dumbbells	Bar down, L foot on floor/calf against machine, R arch of foot against edge of carriage, dumbbells in hands/arms straight, R leg stays straight, flat spine
<b>(Front) Demi-Squat/Press Back/Hammer Curl/Shoulder Press Combo.</b>	1 min.			Facing front, L foot on platform, R foot at front edge of carriage
<b>Scooters</b>	30 sec.			Arms straight by sides
<b>Good Morning/Side Splits Combo.</b>	1 min.	1 light	1 dumbbell	R foot on carriage, L foot on platform, dumbbell at chest
<b>Squats</b>	20 sec.			Keep carriage still
<b>Side Kneeling Star - Leg Press -Baby Circles</b>	8 presses 10 circles each way		No dumbbell	R hand on headrest, legs bent/stacked, sitting on R side, L hand behind head, L foot in long strap, R hip starts down on carriage
<b>Teaser Prep (1 or 2 Legs off)</b>	8	1 medium	Box	Long box on carriage, sit facing risers, feet on headrest, hands in short straps
<b>Hold Teaser - Lift/Lower Arms</b>	5			Legs stay bent or straight
<b><i>Start with Sumo Skater Deadlift/Row Combo. on Side 2 &amp; complete side 2, ending with Side Kneeling Star - Leg Press/ Baby Circles</i></b>		1 heavy		